

# Tewksbury Senior Center

## Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480

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NOVEMBER 2017

Volume 09 Issue 11



### Senior Center Hours:


Monday – Friday

8:00AM until 4:00PM

We will also be open for all *scheduled* activities outside regular hours.

There are 3 contests for our readers. More info can be found on pages 5 & 8!

### INSIDE THIS ISSUE:

- Pg. 2... Trips & Events  
Photos of our Talented Seniors
- Pg. 3... Meet the Staff  
Fuel Assistance  
The Conversation Project  
Open Sew Night  
DJ Jon Dance
- Pg. 4... Regular Activities  
Support Groups  
Salad Bar  
Silvertones Dance
- Pg. 5... Public Library Offerings  
Hearing Clinic  
Transportation Services  
Guess Who Contest??
- Pg. 6... Lunch Menu
- Pg. 7... Special Events &  
Schedule Changes
- Pg. 8... Word Search  
Sudoku  
Prizes for our Readers
- Pg. 9... Red Hat News   
Friends News  
GAC News
- Pg.10-11... Our Sponsors
- Pg.12... Subscription Form  
Important Contacts

### A Message From Council on Aging Director Ashley Springman...

Please take a moment to read about the Council on Aging's transportation services on page 5 of this newsletter (there are a few updates). Many of you have expressed frustration with the lack of transportation services in town and the last minute cancellations the LRTA has been making in recent months. Please know that I hear your concerns and I am actively working to address this issue. In the short term, I am working to increase the number of hours our vans are on the road. In the long(er) term, I will be working with the newly formed Transportation Task Force at Elder Services of the Merrimack Valley. The goal of this group is to identify areas of need and improve transportation services throughout the Merrimack Valley. Unfortunately, this issue is not just limited to Tewksbury. I plan on making this a priority as I gear up for maternity leave and upon my return. Please be patient and stay tuned!

### Community Teamwork Inc. Recognizes Tewksbury Seniors for Volunteer Service at Annual Luncheon

Congratulations to Rose McKenna for 30 years, yes 30 years!! We would also like to congratulate Jean Walsh for 15 years, Natalie (Ginger) MacLean for 10 years and Marie Sweeney for 10 years. Thank you for your time and dedication to serving your community. The Senior Center is very lucky to have you! Community Teamwork is a community action organization located in Lowell, MA which serves the Merrimack Valley. They have over 400 volunteers helping in many areas in the community such as the Senior Companion Program, Foster Grandparent Program, Head Start, RSVP Program, volunteering in nursing homes and senior centers and so much more. Volunteers are always needed. If you would like to be a part of the Community Teamwork program, please call 978-654-5673.

\*Not Pictured: Marie Sweeney, who was unable to attend the event



My Mission as Your Director: To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.



### LASTING LEGACY PROJECT

We are recruiting 25 seniors to take part in a **Lasting Legacies Project**. This project is being run through the John F. Ryan School's Kindness Club in Tewksbury.

Participating seniors will be asked to:

Meet at the Ryan School on November 15th at 2:30pm, where you will be interviewed by elementary school students.

Provide a 5x7 or 8x10 picture that you would like displayed with your legacy.

Seniors and their families will be invited to a Gallery Night in December at the Ryan School, where students will present their completed projects.

If you would like to be a part of this special project, sign up by calling the Senior Center at 978-640-4480 or stop by the Reception Desk!

### DAY TRIP: Newport Rhode Island Mansions Tour

**Thursday, November 30th**, \$81 per person. This day trip includes motor coach bus transportation, entrance to two mansions and full-time tour escort. Lunch will be on your own at the Blue Plate Diner which offers traditional diner fare in a casual atmosphere with a 1950's vibe. They serve high quality food and everything on the menu is made from scratch. The only thing that comes out of the freezer is their ice cream! No wonder this diner is a local favorite, great food at a great price. The two mansions that will be toured are Rosecliff, which will be decorated for the holidays, and Marble House.

**WALKING TOUR**—This tour requires the ability to walk throughout the mansions.

### WHAT'S ON YOUR BUCKET LIST?

As we round the corner to the end of 2016, we will be working on events, day trips and much more for the new year. **Let us know what's on your bucket list?** Drop your ideas into the suggestion box located outside the office suite at the Help Desk.



### Members of the Bunka Japanese Embroidery Class take home prize ribbons from the Topsfield Fair.

Beverly Enos, Mary Jane Bartolone, Pat Podlejski, Frank Walsh & Sandy Walsh all took home first prize ribbons. Lorraine Arpin (not pictured) received a 2nd prize award and Mary Jane Bartolone also won an Honorable Mention. Many of the groups work can be seen adorning the walls at the Senior Center. Congrats everyone!

Back Row: Pat Podlejski, Beverly Enos, & Frank Walsh  
Front Row: Sandy Walsh and Mary Jane Bartolone  
(not pictured: Lorraine Arpin)



Pat Podlejski

### Frank Daloia from the Senior Center Wood Carving Class Wins THREE Awards At the New England Wood Carvers Show

Frank began carving 20 years ago. It's only been since he retired in 2015 that he now carves almost daily. He and his wife moved to Tewksbury in February 2016. Frank joined the wood carving after seeing the class highlighted in one of the brochures in the welcoming packet from the town.

The New England Wood Carvers Show, Spirit of Wood, on October 15th had over 180 entrants in the competition. There were 4 levels of expertise, Novice, Intermediate Open, and Master with many categories in each level. Frank's pieces were in the Intermediate class level. The door knock came in first and the man in the log came in third. The eagle came in second in the birds of prey category.

Frank's works of art cannot be truly appreciated in a picture. Wood carvings and other pieces created by Frank and many of our seniors are on display in the glass cases in the front entrance of the Senior Center. Take a moment and check them out! Congrats Frank!!



## Council on Aging Staff



**Ashley Springman, MS, LSW**  
Council on Aging Director  
Aspringman@tewksbury-ma.gov

**Jan Conole**  
Senior Clerk Secretary  
Jconole@tewksbury-ma.gov

**Bob Noel**  
Maintenance  
Rnoel@tewksbury-ma.gov

**Nicole Hutcheon**  
Outreach Coordinator  
Nhutcheon@tewksbury-ma.gov

**Diane Dunlevy**  
Activities Coordinator  
Ddunlevy@tewksbury-ma.gov

**Nancy McCarthy**  
Van Driver  
Nutrition Assistant

**Ralph Natola**  
Van Driver

## Council on Aging Board Members:

Virginia Desmond, NP, BC - Chair  
Patty Sasso- Vice Chair  
Joel Deputat, Treasurer  
Kathy Walsh, MA - Clerk  
Joanne Aldrich, Ed. D, GNP-BC  
Linda Layne, Notary  
Bob MacInnis  
Lynn Murphy, JP, Notary  
Karin Theodoros, Esq.  
Joan Unger, GRI  
Arlene Wright

**Fuel Assistance 2017-2018**

If you need assistance filling out your form please contact Nicole Hutcheon at 978-640-4480 to make an appointment.

**NEW Applicants** coming in it will be necessary for you to bring the following information/documents:

**Identification:** Driver license or legal photo ID. If unavailable you must provide birth certificate and social security card.

**Home Owners:** Copy of mortgage if you still are making payments, current tax bill, and a copy of homeowner's insurance.

**Renters:** Copy of lease and proof of rent payments.

**Proof of income:** Current social security award letter, pension statement (if applicable), and statement from all other sources of income.

**Utilities:** Electric bill, gas and/or oil bill and telephone bill.

**PREVIOUS Applicants** need to bring the following information/documents:

**Proof of income:** Current social security award letter, pension statement (if applicable), and statement from all other sources of income.

**Utilities:** Electric bill, gas and/or oil bill and telephone bill.

FAMILY SIZE	MAX ANNUAL GROSS INCOME
1	\$34,380
2	\$44,958
3	\$55,537
4	\$66,115
5	\$76,693
6	\$87,272

**Why Not Have a Conversation?**

Nicole Hutcheon, *Community Outreach Coordinator*



Every beginning has an end. Death and dying are a natural part of life and although painful for those left behind it can be a beautiful and peaceful experience. You should always celebrate a life lived and not a life lost. Why not have a conversation and share your end of life wishes with your loved ones while you have the ability to do so?

You can learn more about the Conversation Project here: <http://theconversationproject.org> or by stopping by Nicole's office.

**TUESDAY NIGHT OPEN SEW**

**First & Third Tuesday of the Month**  
**6-9 PM Fabric Arts Room**  
**FEE: \$10 per evening**



If you are looking for some support to finish a project or you would like to start a project and need some guidance, the senior center is offering an open sew class on the first and third Tuesday of each month. The cost for the evening is \$10 per person. Your own sewing machine is required.

A special thank you to the **Executive Office of Elder Affairs** for supporting our newsletter!

**AFTERNOON DANCES** We are fortunate to have **DJ Jon Mansfield** here for daytime dances. Dances are for singles and couples and will be held at the Senior Center on the following dates: November 27 and December 18.



**Please note:** Sign-up by Wednesday of the week before and lunch will be included in the \$5 ticket cost. Tickets are also available at the door.



Thank you to **Peregrine's Landing of Tewksbury** for providing a delicious lunch for this event each month!

**WEEKLY SCHEDULE**

Special events &amp; schedule changes on page 7.

<b>MONDAY</b> 	
<b>AM</b> 9:00 Forever Fit 9:30 Men's Yoga 9:30-11:30– Blood Pressure Clinic provided by Circle Home Health (Except 4th Monday, 11am-1pm) 10:15 Therapeutic Yoga	<b>PM</b> 11:30-1:30pm Knitting Crocheting Group 12:30 45's 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
<b>TUESDAY</b>	
<b>AM</b> 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Movin' & Grovin' Exercise 11:00- 4 Piecemakers for Charity 11:30-12:30 Salad Bar	<b>PM</b> 12:30 ZINGO 1:00 Independent Painting 5:00 Muscle & Meditation Workout and Yoga 6-9 Open Sew Night (1st & 3rd wks/month)
<b>WEDNESDAY</b>	
<b>AM</b> 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-11 Town Nurse Office Hours 10:30 Country Line Dance Class 11:30-12:30 Salad Bar	<b>PM</b> 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:15 Gentle Chair Yoga
<b>THURSDAY</b>	
<b>AM</b> 8:45 Tap Dancing 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	<b>PM</b> 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Chair Yoga 5:00 Muscle & Meditation Workout and Yoga
<b>FRIDAY</b>	
<b>AM</b> 8:30 Walking Club 9:30 Bone Builders #3 11-11:30am Meditation 	<b>PM</b> 12:30 International Mah Jong  Friday <b>Zumba</b> class has been cancelled due to lack of interest.

**COME JOIN US - We'll put the coffee on for you!**

**MEN'S GROUP** - for men 60 years old or older. Meetings are held at the Senior Center every 2nd and 4th Thursday of each month from 9-11am. November dates are the 14th and 28th. Come make new friends, reminisce with others about the old days, have a laugh or two. Discuss current events or share your life experiences or perhaps learn from others regarding caring for your spouse or loved one. For more information, please contact Mike McDermott at 978-946-1251.

**Just stop by, NO rsvp necessary!****SALAD BAR****VOLUNTEERS NEEDED**

Thank you to all of the wonderful volunteers who make the Salad Bar happen every week. There are volunteer opportunities on Mondays, Tuesdays and Wednesdays. If you would like to volunteer to help, please call or see Jan in the office.



Soup & Salad Bar  
Tuesdays & Wednesdays

**SENIOR CENTER SUPPORT GROUPS****Caregiver Support Group,**

Facilitated by Nicole Hutcheon

1<sup>st</sup> Tuesday of Every Month

9:30am-10:30am

Conference Room

**Bereavement Support Group,**

Facilitated by Johanna Kiefner of Circle Home, Inc.

2nd Wednesday of Every Month at 10:00am

**Men's Group,**

Facilitated by Mike McDermott, Elder Services

2nd and 4th Thursday of Every Month at 9:00am

**Parkinson's Support Group,** Facilitated by Barry Lewin

1st Thursday of Every Month at 10:00am

Conference Room

**MS Support Group,**

3rd Monday of Every Month at 10:00am

Conference Room

**CRAFT CLASS—Create you own hand-made, hand-stamped holiday Themed Greeting/Gift Cards.** Fri, Dec. 8th, 10-11:30am in the Craft Room. \$10 p/p payable day of class. Sign up at the reception desk. Sign up is helpful as class is limited to 8. This class will include supplies to make 2 greeting cards, gift card holders and some gift tags.  
**GO AHEAD... YOU CAN MAKE IT!**

**The SILVERTONES are back and in full swing!**

Single & couples dance featuring big band music and line dances. Friday, November 17th, 7-10 pm, Tickets are \$10/person with coffee & cake served during the break. Tickets can be purchased at the door.





**TEWKSBURY PUBLIC LIBRARY OFFERINGS,**

Submitted by Robert Hayes



**Wednesday, November 1, 10:30am:** Concert of Native American Music with Josiah Contreras

**Saturday, November 4, 2pm:** Songs of World War II Concert with "Ms. Massachusetts" Ruth Harcovitz

**Tuesday, November 7, 7pm:** Examine The Capital Crime of Witchcraft with Margo Burns

**Wednesday, November 8, 10:30am:** Jazz & Classical Concert with Pianist Mark West

**Thursday, November 9, 7pm:** A Supernatural Evening with Paranormal Investigator Jeff Belanger

**Tuesday, November 14, 7pm:** Inside Boston's Organized Crime History with the *Boston Globe's* Emily Sweeney

**Thursday, November 16, 7pm:** Salem Witch Hysteria: A Play performed by the Delvena Theatre Company

**Monday, November 20, 7pm:** Meditation Class with Elaine Lee

**Tuesday, November 21, 7pm:** An Evening with WCVB Chornicle's Ted Reinstein, Author of "New England's General Stores"

All events are FREE and OPEN TO ALL. Due to limit space, please reserve your seat by calling librarian Robert Hayes at 978-640-4490 x 205.

**GUESS WHO CONTEST**

Guess correctly who the child in the photo is and win a prize! It could be anyone you may see around the Senior Center! There is a drop box for your answer at the new help desk. Drop your answers by Nov 22nd to be entered. You may also call your answer in if you are unable to come to the Senior Center (978-640-4480).

**October baby is still a mystery!**

*Try again!*

*If you have a baby/child photo you would like to share for the newsletter, see Diane in the office suite.*

**HINTS:**

1. Star football player at Medford High School
2. LOVES Pasta
3. You can find him in our billiard's room, some may say he's a "pool shark"
4. Like many, he's a proud family man!

**COA (SENIOR CENTER) TRANSPORTATION SERVICES**

The Tewksbury Council on Aging provides transportation to all locations within Tewksbury and to medical appointments in surrounding towns. Currently, our service area is within a 7.5 mile radius of the Senior Center. We hope to increase our area of coverage as our transportation program grows. We are currently operating two vans Monday-Friday and have two part-time drivers on staff. We will do our best to accommodate all requests and please note that Medical Appointments take priority.

- **In-Town** Errands and Medical Appointments- \$1 each way
- Friday morning **trip to Market Basket** at Oakdale Plaza- \$2 round trip (occurs weekly)
- **Out-of-Town Medical Appointments Only** - \$2 each way
- **Long-Distance Medical Appointments**, such as Boston and Burlington, with the help of our friends at the Dracut COA. We will transport you to and from the Dracut Senior Center, where you will transfer to their long-distance medical bus. Cost varies based on destination. Appointments should be made between 11am-1pm.

Sign up by calling the Senior Center at 978-640-4480, ext. 292 (transportation extension). Leave a message and someone will get back to you as soon as possible. Make sure to include the following information in your message:

- Name
- Address
- Phone number
- **Where** you would like to go
- **When** you would like to go and appointment time if applicable
- Whether you need a one-way ride or if you need a return ride home and at what time that would be
- Any mobility restrictions/devices and if you require use of the wheelchair lift
- And if you will be accompanied by a companion



**Please Note:** If you are having a procedure that requires sedation or dilation of eyes, etc. where the doctor wants someone to drive you home, and/or stay with you for any period of time, please make sure you have a friend or family member escort you. The van driver is not allowed to leave their vehicle to pick you up at the doctor's office. COA and Road Runner transportation services are "curb to curb". Companions may accompany you for free.



# October 2017 Lunch Menu-Served daily at the Senior Center

## Provided by Elder Services of the Merrimack Valley



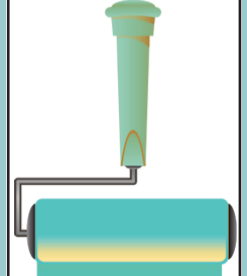
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch available daily @ 11:30am.</b> <b>Sign-up at least two days in advance.</b> <b>\$2.00 voluntary donation requested per meal.</b>				
<b>6</b> Pulled Pork/Burger Bun BBQ Sauce Sweet Potatoes Corn & Peas Peaches	<b>7</b> Stuffed Shells/Meat sauce Parmesan cheese Zucchini Italian Bread Brownie/Lorna Doones	<b>1</b> Butternut Squash Soup BBQ Chicken Bites w/Sauce Mashed Potatoes Green Beans Fresh Fruit & WW Bread	<b>2</b> Baked Haddock Supreme Sauce Herbed Rice, Chef's Veg Mandarin Oranges Italian Bread	<b>3</b> Turkey Tetrazzini w/Sauce Pasta Broccoli Multigrain Bread Diet Gelatin
<b>13</b> Meatballs Sweet and Sour Sauce White Rice Asian Blend veggies WW Bread Pudding	<b>14</b> Sausage Al Forno Pasta Broccoli Italian Bread Mixed Fruit	<b>8</b> Tomato Soup Lemon Pepper Chicken Drumstick Roasted Potatoes Carrots Oat Bread & Mixed Fruit	<b>9</b> Meatloaf w/Gravy Mashed Potatoes Creamed Spinach WW Bread Chef's dessert Ketchup	<b>10</b> <b>VETERAN'S DAY</b> <b>Observed</b> Closed – No Meals 
<b>20</b> Chicken Jardiniere Rice Pilaf Butternut Squash Dinner Roll Cookie/Lorna Doones	<b>21</b> Hot Dog/ Hot Dog Roll Pork Baked Beans Potato Chips Pineapple Ketchup, Mustard, Relish	<b>22</b> Corn Chowder Potato Fish/Tarter Sauce Mashed Potatoes Peas & Carrots Multigrain Bread Fresh Fruit	<b>16</b> <u>Thanksgiving Special</u> Turkey with Gravy Mashed Potatoes & Stuffing Green Bean Casserole Dinner Roll, Cranberry Sauce Assorted Pie	<b>17</b> Macaroni & Cheese Crumb Topping on side Brussels Sprouts Honey Wheat Roll Mandarin oranges
<b>27</b> Greek Chicken Pasta Broccoli Dinner Roll Chef's dessert	<b>28</b> Sloppy Joes/ Burger Bun Mashed Potatoes Apple Crisp Coleslaw	<b>29</b> Chicken Orzo Soup Vegetable Frittata Roasted Potatoes, Beets Oat Bread, Juice Yogurt	<b>23</b> <b>HAPPY THANKSGIVING</b> Closed – No Meals 	<b>24</b> Lasagna/Meat Sauce Parmesan Cheese Zucchini & Summer Squash WW Dinner Roll Diet Gelatin
			<b>30</b> Sliced Pork with Fig Sauce Sweet Potatoes Green Beans WW Bread Applesauce	

# OCTOBER 2017 SCHEDULE CHANGES & SPECIAL EVENTS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10AM Parkinson's Support Group	2 10AM Parkinson's Support Group	3 11:30AM Traveling Chef	4 9-2PM Friends Giant Yard Sale
5 2-6PM Upscale Intake Night	6 10AM Caregivers Support Group	7 9AM Veteran's Breakfast @ ELKS	8 10AM Bereavement Support	9 9AM Men's Group/ Pies for Guys	10 Veteran's Day Observed	11 VETERANS DAY
				ELKS Turkey Dinner	CLOSED	
12	13	14	15 12:30PM COA Board Meeting	16 8:30AM Foot Care Clinic	17 12:30PM GAC/LCR	18 7PM Silvertones Dance
			2:30PM Legacy Project			
			6PM Red Hat Event			
19	20 10AM MS Support	21	22 9AM Men's Group	23 Happy Thanksgiving	24 OPEN TODAY	25
				Holiday—CLOSED		
26	27 10AM Sen L'Italien Office Hours	28 9:30AM Miceli Office Hours	29	30		
	12PM DJ Dance	10AM Brown Bag Distribution				

SUPPORT THE **ADVERTISERS**  
THAT SUPPORT OUR COMMUNITY



## NOVEMBER WORD SEARCH

P	U	D	D	I	N	G	R	E	B	M	E	V	O	N
D	Y	A	N	T	R	A	D	I	T	I	O	N	S	E
T	I	G	A	T	H	E	R	I	N	G	L	E	D	S
S	G	N	I	S	S	E	L	B	N	R	O	C	N	T
E	C	O	N	R	Y	E	K	R	U	T	O	F	E	U
V	O	I	N	D	I	A	N	S	A	Y	F	R	I	F
R	R	Y	Y	F	E	A	S	T	I	M	V	O	R	F
A	N	L	L	A	B	T	O	O	F	L	L	A	F	I
H	U	I	P	U	M	P	K	I	N	P	I	E	R	N
S	C	M	O	E	D	U	T	I	T	A	R	G	E	G
A	O	A	D	E	S	S	E	R	T	S	P	E	N	S
P	P	F	H	S	A	N	A	U	T	U	M	N	N	C
U	I	S	E	I	R	R	E	B	N	A	R	C	I	E
D	A	E	O	P	I	L	G	R	I	M	S	L	D	P
M	A	P	S	M	A	Y	L	U	F	K	N	A	H	T

PUMPKIN PIE  
TURKEY  
STUFFING  
GRAVY  
FOOTBALL  
FAMILY  
FALL  
NOVEMBER  
DESSERTS  
FEAST  
GATHERING  
PILGRIMS  
DINNER  
THANKFUL

TRADITIONS  
BLESSINGS  
INDIANS  
HARVEST  
CORNUCOPIA  
CRANBERRIES  
FRIENDS  
PUDDING  
CORN  
PIES  
GRATITUDE  
YAMS  
MASHED POTATOES  
AUTUMN

**Prizes for Our Readers** Find a mistake in this newsletter and you could win a prize! Enter your name and the mistake you found into the container at the help desk.

**October winner is Claire Trudeau!**

The Sudoku solution on page 8 was incorrect—Oops! Good Catch Claire.

Answers to last month's Sudoku

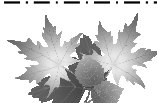
8	3	5	1	7	4	2	6	9
4	6	9	5	8	2	1	7	3
7	1	2	6	3	9	5	8	4
1	7	6	8	4	5	3	9	2
5	9	4	7	2	3	6	1	8
2	8	3	9	6	1	4	5	7
9	4	8	2	5	6	7	3	1
6	2	1	3	9	7	8	4	5
3	5	7	4	1	8	9	2	6



MAY YOUR STUFFING BE TASTY,  
MAY YOUR TURKEY BE PLUMP.  
MAY YOUR POTATOES'N GRAVY...  
HAVE NARY A LUMP,  
MAY YOUR YAMS BE DELICIOUS,  
MAY YOUR PIES TAKE THE PRIZE,  
MAY YOUR THANKSGIVING DINNER  
STAY OFF OF YOUR THIGHS.  
*Happy Thanksgiving*



**GUESS HOW MANY?**  
Let's talk turkey!



Try counting the number of turkeys sprinkled throughout this month's newsletter. Can you find them all? Guess the correct number and you will be entered to win a prize! Drop entries in the jar at the help desk by November 22nd. Good Luck!

**Winner for October is Ed Flanagan!**

34 Spooky Things  
Thanks for playing!!



Cribbage 15 Weeks, Submitted by Kay Maher

1st Place Mike Limperis  
2nd Place Mary Chase & Paul Muse  
3rd Place Lorette Chiasson

Everyone is welcome to join us on Wednesdays. Starting time is 12:30pm. Cost is \$3.00 with coffee and dessert served. Hope to see you at Cribbage. Thank you to everyone who helps out.

1		2		3	
9			4		
7		5		1	
2	1				9
		8	1	5	
					4
9		5			2
		6			3
3				7	

## Sudoku

The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.



**Red Hat News, Submitted by Diane Joy**

Thank you to all who attended the Halloween Party. The costume contest winners were: Best Home Made Costume: Marie Dube; Most Original: Young Witch & Old Witch: Ruth & Fran; Sexiest: Lady Luck: Joanne Kelleher; Funniest: Bumblebee: Kay Maher.

**UPCOMING MEETING DATES:** As of the date of submittal of this article, arrangements were still being made and not finalized for the November and December events. Please watch the bulletin boards. Once available, please purchase tickets for the events. This gives us a head count for planning.

November Rick's Café, Billerica Center, 1pm, COST: TBD We will be going to Chung King **Rick's Café** located at 446 Boston Rd, in Billerica Center. This is an AFTER-NOON EVENT. It will probably take place on a Friday; either the 10<sup>th</sup> or the 17<sup>th</sup>. Please keep watch for more information on the bulletin boards. People can drive themselves and/or car pool. We will have games to play while we are there.

December Christmas Event, 1pm, COST: \$111.00 **Possible date** of Sunday, December 17<sup>th</sup>. White Christmas at the Portsmouth Theatre. Plus, stopping at a diner afterwards (the Rock n' Roll Café?). We will be leaving at 1pm, theatre is at 2pm. We will be going by bus for this event. **Please wear your Theatre Hats.** TICKETS should be purchased in advance. We only have a limited amount of tickets for this event. Please keep watch for more information on the bulletin boards.

**Red Hat Christmas in July**

Have you seen the red tree in the atrium? It is looking a little naked. When you make a donation, we will be able to "dress" that tree up with our donation cards. Your \$10 donation will go towards purchasing a meal (meat and fixin's) to someone in need for the holidays. Last year we raised \$800 and we would like to match that this year. (Or, better yet, exceed it!)

If you haven't paid your yearly dues, please pay them as soon as possible! This year's dues are \$6. This is a dollar increase from last year, unfortunately, but a needed one. Thank you for understanding.

Please contact the Queen Mother or any Board Member if you know of a Red Hat Sister that may be ill or has undergone surgery. A card can be sent with all of the Red Hat Carnation Belles' best wishes in it!

**Friends of the Elderly, Inc., Submitted by Linda Brabant**

A Friends Giant Yard Sale will be held at the Senior Center on Saturday, November 4<sup>th</sup> from 9:00 AM to 2:00 PM (Rain or Shine). There will be over 30 treasure tables to browse, a yummy bake sale and luncheon specials. The Upscale Consignment Boutique will also be open. The public is welcome and admission is free.

A Foxwoods day trip will be held on Wed., November 8<sup>th</sup>. There may still be space available. One may check by calling the Senior Center. Ticket sales for the December 7<sup>th</sup> Foxwoods trip will begin on Tuesday, November 13<sup>th</sup> at 8:15 AM. Tickets are \$35/person. The trip includes: motor coach transportation, a casino package and the driver gratuity.

**HOLIDAY EVENTS:**

Friday, December 8<sup>th</sup> - Friends Annual Christmas Dinner Dance – 6:00 PM with a buffet dinner followed by dancing to the Perfect Match Band. Tickets are \$25/person.

Sunday, December 31<sup>st</sup> - Friends New Year's Eve Dinner Dance – 7:00 PM with a buffet dinner followed by dancing to the music of the Perfect Match Band and bringing in 2018 with all the bells & whistles! Tickets are \$55/person.

Tickets are available NOW and can be purchased on Tuesday, Wednesday and Thursday mornings. The deadline to purchase tickets for both holiday events is one week prior to the event. *Tickets will not be available at the door.* For more information one may call Linda at 978-851-4243.

**HAPPY THANKSGIVING TO ALL  
GOD BLESS AMERICA**

**Golden Age Club News, Submitted by Nancy Zabawa**

The next Left-Center-Right will be on November 17<sup>th</sup>. Please sign up at the GAC office. The annual Christmas Party will be held on December 12<sup>th</sup>; watch for details on the GAC bulletin board coming soon. Veteran's Donations are appreciated and still being accepted. We will be sending one more box for 2017. Drop donations off in the box located outside the GAC office.



We wish to extend our thanks to Circle Home Health Care for providing us with free blood pressure checks on Mondays. Thank you for providing our seniors with this valuable service.



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**Important Telephone Numbers for Seniors:**

Ambulance	911	<b>Senator Barbara L'Italien</b>
Alzheimer's Association	1-800-548-2111	Phone: 617-722-1612
American Cancer Society	1-800-227-2345	Email: <a href="mailto:Barbara.L'Italien@masenate.gov">Barbara.L'Italien@masenate.gov</a>
American Diabetes Association	1-899-342-2383	
Community Teamwork	978-459-0551	<b>Representative James R. Miceli</b>
Elder Abuse Hotline	1-800-922-2275	Phone: 617-722-2305
MA Office of Elder Affairs	1-800-882-2003	Email: <a href="mailto:James.Miceli@mahouse.gov">James.Miceli@mahouse.gov</a>
Medicare	1-800-633-4227	
MCPHS Pharmacy Outreach	1-866-633-1617	<b>Representative James J. Lyons, Jr.</b>
Social Security	1-800-772-1213	Phone: 617-722-2460
Tewksbury Fire Department	978-640-4411	Email: <a href="mailto:James.Lyons@mahouse.gov">James.Lyons@mahouse.gov</a>
Tewksbury Food Pantry	978-858-2273	
Tewksbury Police Department	978-640-4385	

**Elder Services of the Merrimack Valley 1-800-892-0890**

We would like to acknowledge those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, email Kathy at [kwbraelyn@verizon.net](mailto:kwbraelyn@verizon.net) or call Jan at the Senior Center 978-640-4480.



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